# Easy 3 Ingredient Recipes

### Cooking with Chef T - Berkshire Partners Blue Hill Club

### **Banana Oat Smoothie**









## **Banana Oat Smoothie**

**Ingredients - for 1 serving** 

- 1. 1 cup of rolled oats
- 2. 1 banana
- 3. 1 cup of milk, of choice

- 1. Add rolled oats to a blender and blend until the oats are the size of a fine crumb
- 2. Add the banana & the milk and blend well
- 3. Pour in a glass
- 4. Enjoy :)

### Mac & Cheese









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#### Ingredients - for 4 servings

- 1. 5 cups of milk
- 2. 1 pound of elbow macaroni, dry
- 3. 2 cups of shredded cheddar cheese

#### Salt & Pepper to taste

- 1. In a large pot, bring milk to a boil
- 2. Add the pasta and stir constantly until the pasta is cooked, about 10 minutes
- 3. Turn off the heat, then add the cheddar.
- 4. Stir until the cheese is melted and the pasta is evenly coated
- 5. Enjoy :)

# **BBQ Chicken Tenders**









### BBQ Chicken Tenders Ingredients - for 6 Chicken Tenders

- \_1.\_ 1 chicken breast
  - 2. 1 cup of seasoned bread crumbs
  - 3. 1 cup of BBQ sauce

- 1. Preheat oven to 375 degrees F
- 2. Slice the chicken into even strips
- 3. Dip the chicken into BBQ sauce
- 4. Then coat them in the bread crumbs
- 5. Place on a baking sheet lined with parchment paper and bake for 15 minutes
- 6. Brush the remaining BBQ sauce evenly on both sides of the chicken strips and bake for another 10 minutes
- 7. Enjoy:)

## **Honey Roasted Carrots**









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#### Ingredients - for 3 servings

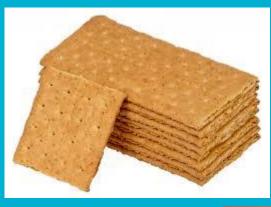
- 1. 6 whole carrots, or chopped, pelled with tips and ends cut off
- 2. 2 tablespoons of melted butter
- 3. 2 tablespoons of honey

#### Salt & Pepper to taste

- 1. Preheat oven t 400 degrees F
- 2. In a medium casserole dish, evenly coat the casrrots in butter, honey, salt and pepper
- 3. Bake for 25-30 minutes
- 4. Enjoy :)

# **Strawberry Icebox Cake**









### Strawberry Icebox Cake Ingredients - for 9 servings

- 1. 5 cups of sweetened whipped cream
- 2. 11 large rectangular graham crackers
- 3. 3 cups of strawberries, chopped

- 1. Spread a thin layer of whipped cream in a square glass baking dish
- 2. Layer graham crackers on top, then cover with a layer of whipped cream
- 3. Sprinkle <sup>1</sup>/<sub>3</sub> of the strawberries on top, then layer with cream again
- 4. Repeat steps 2 and 3 until no more ingredients remain (the top layer should be strawberries and should not be covered with cream)
- 5. Refrigerate for at least 3 hours.
- 6. Enjoy:)

### **Nutritional Facts**

<u>Banana Oat Smoothie:</u> Calories 528, Fat 9g, Carbs 96g, Fiber 11g, Sugar 31g, Protein 18g

Mac & Cheese: Calories 803, Fat 27g, Carbs 100g, Fiber 3g, Sugar 18g, Protein 37g

BBQ Chicken Tenders: Calories 205, Fat 1g, Carbs 42g, Fiber 1g, Sugar 17g, Protein 4g

<u>Honey Roasted Carrots:</u> Calories 175, Fat 9g, Carbs 22g, Fiber 3g, Sugar 18g, Protein 0g

<u>Strawberry Icebox Cake:</u>Calories 106, Fat 6g, Carbs 11g, Fiber 1g, Sugar 6g, Protein 1g